

Creating a Vision

Develop a vision of what you see in your life by the end of the year.

Taking into account your clarified desires and drives, write down a description of what your life will LOOK LIKE (and feel like) at the end of this year. Write it as if you're composing a letter to yourself a year from now and you are reflecting on all the amazing aspects of your year. This will help set an intention that your mind will seek to fulfill.

When writing your vision, remember the 4 P's to effective visions:

- **Present Tense** (as if it's happening now, not past or future—no “will” or “ed”)
- **Personal Perspective** (“I” and “me” statements)
- **Positive Language** (avoid words like “not” or “don't”)
- **Passionate** (put emotion behind it—remember the pain/pleasure)

Consider creating a visual vision board with images (clipped from magazines or printed from online) and words or phrases that capture where you want to see yourself in a year. The key to a vision board is that looking at it should help you FEEL the way your outcomes will feel—making it real NOW.

Write your vision below.